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## Editorial

# Towards more harmonious Dashain



**Ramjee Poudel | Editor**  
Email: editor@nepalesevoice.com.au

Time of festivities has begun as we celebrate our biggest festival 'Dashain' and 'Tihar' both on this month. Many community organisations across the nation have planned their own programs to make merry. People from different religious persuasions, economic backgrounds and political ideologies are all getting together for the joyous occasion and celebrate these festivals with gusto. Dashain and Tihar have remained that one time of the year for Nepalese when all the sorrows, grief, differences and hardships are forgotten and togetherness and happiness is celebrated. This is the foremost essence of Dashain which has never changed and never should.

For us as Nepalese living overseas, this is also a poignant time as the season brings a yearning and the nostalgia of home. Thanks to some individuals and the organisations that carry out some activities locally to make all of us feel at home.

In Victoria, Nepalese Association of Victoria is organising Dashain special program to mark the annual fiesta. The program has remained a calendar event for the organisation for past several years and this means much to the local Nepali community. But it is a regrettable fact that there has been much ado about the model of this year's Dashain program. There has been relentless onslaught from the certain groups in the community about the way the Dashain program is being managed. That has unfortunately

pushed the core essence of Dashain to the back seat and hurly-burly of personal opinions has taken over. Specially within the context of whether NAV should involve any pecuniary angle to an auspicious occasion like Dashain and whether the organisation is being inclusive and catering for people from all social strata.

As always, there are two sides of the coin. In one hand, as an organisation NAV obviously needs financial resources to ensure the continuation of the event and in another, as a top community body it also has a responsibility to maintain its reputation of being an inclusive and accommodating community organisation. It is a challenge for them to strike a balance. But as members of NAV and members of Nepali community we also need to have faith on its decisions and trust that NAV means well. That is the whole idea of choosing a team to go into the executive committee to make decisions on our behalf. The problem occurs when we separate NAV and us as two different entities. The bottom line is we are NAV and NAV is us. If NAV falls short in its decision making, that's our deficit and vice versa.

Intellectual debate is always good. It adds a new angle to the conventional thinking. But let it not overshadow the significance of our greatest festival. Let's work together towards the harmonious Dashain and Tihar.

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# Two Nepalese receive VMC Multicultural Awards for Excellence 2014

Established in 2002, the annual Awards for Excellence demonstrate the Victorian Government's commitment to promoting Victoria as a multicultural place. "The Awards recognise the hard work that is taking place in numerous communities, small and large across Victoria, by people and organisations who are committed to the success of multiculturalism," said Victorian Multicultural Commission Chairperson, Mr Chin Tan.

**R**anjan Vaidhya and Karna Rana, from Nepali community were two among 90 other individuals and organisations that were awarded with Victoria's Multicultural Awards for Excellence 2014. The duo was recognised for their meaningful contribution towards Victoria's multiculturalism.

The awards acknowledge outstanding achievements and services of people and organisations who have actively supported cultural diversity and made a real impact in promoting community harmony.

This year's ceremony was held at Government House in Melbourne that was attended by approximately 400 members of Victoria's multicultural and multifait communities. A total of 73 individuals and 17 organisations received awards across 10 categories, which included education, local government, policing, business and the media.

His Excellency, the Hon Alex Chernov AC QC, Governor of Victoria and the Premier of Victoria, the Hon Denis Naphine MP, presented awards at the event where over 24 multicultural communities were represented.

Addressing the ceremony, Victorian Multicultural Commission Chairperson, Mr Chin Tan, said the awards were presented to individuals and organisations who worked tirelessly to achieve harmony within our culturally diverse community.

"The Awards celebrate the contribution that multiculturalism makes to the State – the social, economic and cultural contribution that gives us our wonderful diversity and strengthens our community. "Victorians come from over 200 countries, follow more than 130 faiths and nearly half of the State's population were either born overseas or have at least one parent born overseas – multiculturalism a way of life in Victoria and the Awards acknowledge this by applauding the

people who work hard to make it so," said Mr Tan.

Established in 2002, the annual Awards for Excellence demonstrate the Victorian Government's commitment to promoting Victoria as a multicultural place. "The Awards recognise the hard work that is taking place in numerous communities, small and large across Victoria, by people and organisations who are committed to the success of multiculturalism," said Mr Tan.

The inspirational list of award recipients included Mr J Murray Lobley who was presented with the Premier's Award for Community Harmony for his long-standing work in the Gippsland region, with a focus on interfaith work. Footscray Community Arts Centre, located in the western suburbs, won an Ambassador Award for their commitment to engaging and collaborating with culturally and linguistically diverse communities (CALD) and empowering them through creative pursuits. Wilmot Road Primary School and Dandenong High School took out the Education Awards for their creative approaches to their multicultural student populations.

Greater Shepparton City Council received the Local Government Award for their obvious commitment to working with the CALD community and taking a stand against racism and discrimination. Awards were presented by the Minister for Multicultural Affairs and Citizenship, the Hon Matthew Guy MLC; Minister for Local Government, the Hon Tim Bull MP; Minister for Education, the Hon Martin Dixon MP; and Chief Commissioner of Police, Mr Ken Lay. Mr Tan said: "I congratulate all the award recipients and thank them for their important and positive contributions to multiculturalism in Victoria, which is the cornerstone of dynamic, vibrant and harmonious State."



## Ranjan Vaidhya

It didn't come as a surprise to the community when Ranjan Vaidya's name was announced as a recipient of Meritorious Service of the community Award 2014. The prominence of Mr Vaidhya's long standing contribution towards the community rightfully called for such prestigious recognition for him. He bona fides a true community leader. He embodies selflessness, kindness and positivity. An inspirational man that is very much in tune with himself, literally like his love for music. Whatever he has done, he has bettered the community. Whether it was by taking on a significant responsibility as driving the community centre project or as mundane as singing a song for a gathering, his presence has always made a difference to the community. Late but in earnest Ranjan Vaidhya's win has pleased the community to a great extent.



### How Ranjan Vaidhya has enriched Nepali community in Victoria:

- President of Nepalese Association of Victoria (NAV) for two terms, from the year 2002 to 2006.
- Introduced Melbourne Chautari – the first Nepalese community radio in 2003.
- His team conceptualized children's day celebration in the Nepalese community in Victoria in 2004
- He was amongst the one to start one of the first Nepalese language schools in Australia, which was discontinued by new Nepalese Association of Victoria team after his tenure was over.
- He is currently leading the exciting initiative of Nepalese Community Centre in Victoria and has contributed to the community as an advisor for Nepalese Association of Victoria and Non Resident Nepalese Association (NRNA).
- He is one of the members of Solangture, a private business firm aiming to promote Nepalese language and culture in Australia. The firm also publishes a Nepali language fortnightly Pipalbot
- Mr Vaidya has been instrumental in organizing various activities in the Nepalese community in Victoria e.g.

Nepal Festivals (2010 and 2012) and various cultural activities.

- He is an executive member of Australia Chapter of a charity organization the Help Nepal.



### Karna Rana

Most in the community know Karna Rana as an entrepreneur and the secretary of Yeti Football Club. But less known is the fact that there is so much more Karna has done to the community beyond his involvements with Yeti FC. Most of his contributions have been

on the grassroots level of the community. He works directly with the community youths by the means of sports and also by mentoring them in their personal and professional level.

He has helped several newly arrived Nepali students in establishing themselves in Australia. He helps them find a place to live in, a job to make a living, help them keep away from feeling isolated most importantly help them build their self esteem.

Karna represents community youth and his win of the multicultural award has reinforced that one can make a difference no matter where you are.

### Community Involvement:

- Been involved in youth voice since 2000 to help students with their settlement process in Australia.
- Been providing platform for the newly arrived students & migrants to get engaged and be active through sports club.
- Founding member and secretary of first Nepalese sports club in Melbourne, formed in 2001.

**Karna represents community youth and his win of the multicultural award has reinforced that one can make a difference no matter where you are.**

- Engaging youths from all across Australia via interstate friendly sports.
- Researched and educated Nepalese players the benefit of joining Australian sports league and became the first Nepalese sports club to join in 2005 which broadened the horizon for Nepalese community youths.
- Helped set up Cricket league back in 2006/07
- Played an instrumental role in bringing Nepal's National Football Head Coach to Australia in search of players and clubs that has a potential to play at the higher level of soccer.
- Initiated community sports award to encourage youths into healthy lifestyle.
- Been involved in welfare campaign of Nepalese students. Was part of first major fundraising for a Nepali student that met with terrible accident in 2011.
- Has built the foundation for Yeti Football Club to enter Semi-professional league in Australia, Football Federation Victoria FFV, State league.

# Dashain & Tihar Messages



"The festivals and religious rituals that occur frequently throughout the year are the unique cultural heritages of Nepal which function as the cords that bring the individuals, families, society and the nation closer. Empathising with the families whose life has become difficult owing to the natural disasters that occurred in different parts of the country recently. I would like to urge one and all to give priority to alleviating the daily life of these disaster affected families and making arrangements for their livelihood. My appeal to all the political parties to fulfill the pledges they have made to the people while keeping up the current vigour the second Constituent Assembly elected by the people with great enthusiasm has shown towards preparing the draft of a new constitution after setting deadline for the same. All are hopeful that the parties would not miss the opportunity this time and would be able to draft the constitution on the stipulated time. I am confident that this time around the country and the countrymen would not be disappointed."

- Dr Ram Baran Yadav  
President of Nepal



"Dashain and Dipawali festival is a great opportunity of enjoying family gathering and promoting social harmony. May this festival inspire all us to get the triumph of truth over evil and of the divine forces over devilish ones and to gear up for establishing prosperity and the happiness in the Australian Nepalese Community."

- Chandra Yonzon  
Hon Consul General of Nepal to Victoria



"Me and my family would like to express our warmest wishes on the occasion of Vijaya Dashami and Deepawali festivals to all the Nepalese and whoever else who celebrate these festivals. We also wish that these occasions help us to bond better and work together towards a more cohesive community."

-Dr Anupam Pokharel and family



"On behalf of the Nepalese Association of Victoria and myself, I would like to extend peace, progress and prosperity of our fellow Nepalese and the Nepalese community on this auspicious occasions of our national festival Dashain and Tihar. On this occasion I'd also like to invite you all the to the NAV Dashain program on Saturday, 11 October 2014 at Coburg town hall at 5.30pm. Please enjoy responsibly and have a great festive season."

- Sudhir Shaky  
President, Nepalese Association of Victoria



## Horoscope October 2014



### ARIES

You will have a fresh start. You and your rivals are finally putting your differences to rest. You also get to spend quite a bit of time together playing and having fun this month. Your romantic and financial relationships looks to improve.



### TAURUS

Emotional battles you have been dealing with at work are finally coming to an end. These last episodes will be more argumentative than previous episodes, but they will also include more brainstorming, genius, and negotiations, so bite your tongue when you want to say something that is not smart and productive.



### GEMINI

During the first two or three weeks of the month, you are quite the people person. You are getting along really well with everyone you know and they are also getting along with each other. That makes it so much easier for you to schedule events involving social, team, committee, community, neighborhood, and/or partnership oriented events.



### CANCER

Average month financially and professionally. Your relationship with families might have some issues. Opportunities for travel. Quite often the good news within your career is having a positive impact on your home life too. You might get involved in some sports activities.



### LEO

This month, you are encouraged to have fun while broadening your

horizons. Travel, learn about new cultures, religions, political views, etc., sign up to take college classes or just spend time getting to know exotic new people, and maybe even consider relocating to a fun new city if it would bring more joy into your life.



### VIRGO

This may be your best month for holiday shopping and for having some fun creating homemade gifts. It is also a great time for spending time with loved ones and for losing yourself in your favorite hobbies and pastimes.



### LIBRA

It may or may not be the one you want, but you are definitely going to bring this bickering to a close. Someone among your social connections may be able to play mediator and help the two of you find common ground. You are also feeling very productive at home and you are able to rework your household budget in a way that helps you to make progress towards your financial goals.

### SCORPIO

This is certainly your month to shine, Scorpio. You have some of the best professional and financial energies of the year working to help you succeed. You also have some excellent commercial and business opportunities. You might want to get a jumpstart on your holiday shopping, because this seems to be when you are the expert bargain hunter and negotiator.



### SAGITTARIUS

This is an excellent time for you to laugh, play, dance, sing, paint, sculpt, goof off, fall in love, spend time with

children, pets, lovers, hobbies, etc. It is also a good time for purchasing luxury items, going on vacation, or working in happiness-oriented industries (like music, theatre, fine dining, luxury sales, day care, pet shops, etc.). However, during the second half of the month, your financial goals and these same activities begin to clash.



### CAPRICORN

You have a great deal of positive energy flowing into your home and private life. Your career, finances, love life, and emotional well-being are all contributing to the lovely happy energy in your household. You are quite social and having a great time with professional networking, Internet activities, and just hanging out with good friends.



### AQUARIUS

During the first half of the month, all three of your people oriented sectors are working together so that everyone you know is getting along and you are in a wonderful position to lead, inspire, motivate, entertain, persuade, barter, and trade with these people. Everyone is very loving, supportive, and happy to hang out with you and/or to do business with you.



### PISCES

This is your best month all year for professional and financial growth. Things just seem to click into place for you. It is not that you are simply lucky, but that you are also clever and hard working too. Your social life seems to be picking up, but it is not a good thing for your romantic or financial situation. One or both of these will be negatively affected by a friend, colleague, teammate, committee member, and/or someone you are dealing with over the Internet.

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## GNCV celebrates Dashain festival

**G**hurkha Nepalese Community of Victoria (GNCV) has celebrated Nepal's biggest festival Dashain with an intimate dinner program in Melbourne today. GNCV invited local community leaders and media to join them in for the event. As special guests, a team led by apex court chief justice HE Damodar Sharma also attended the program. He along with seven other members of his delegate are currently in Australia to study about Australia's judicial system. Program was also decorated by the presence of NRNA president Shesh Ghale, Hon Consul General of Nepal to Victoria Chandra Yonzon, Nepalese Association of Victoria's president Sudhir Shakya and NRN Victoria's Rishi Kandel.

Mr Jum Bahadur Gurung opened the evening with his welcome speech. He said GNCV has consistently worked towards bringing community together, whether it is through a sports tournaments or cultural events like this.

Hon Consul General of Nepal to Victoria Mr Chandra Yonzon praised GNCV for organizing a program not just to mark the festive season but also for playing an important role in maintaining social cohesiveness over the years. He also made a special mention to the Judicial delegate and said "it's a great opportunity for us to interact with the delegate about Nepal's law and justice system and also share our knowledge and experiences that we have acquired living in Australia with them."

Speaking at the program HE Chief Justice Damodar Sharma thanked Victorian Nepalese Community for a warm hospitality. He said, "it gives us great pleasure to witness such effort by GNCV and other community organisations to maintain the continuation of our culture and tradition in foreign land. He said, "it's satisfying to see that Nepalese living in Australia are excelling in many areas including business and academia." He emphasized, "wherever we are, we should not forget our responsibilities towards the land of our origin."

Various cultural performances were also on display. An honest and authentic "Khukhuri" dance by a team of ex Ghurkhas, however stole the show.



## Sambridhi Adhikari and Logged On foundation tie up for health education fund raiser



**S**ambridhi Adhikari, a Nepali origin medical student based in Melbourne has tied up with a charity organization Logged On foundation to help support a project to deliver health education programs to children in rural Nepal. Logged On is working with Sambridhi to build on this program and engineer ways of delivering health initiatives to as many children as possible through digital access.

A fund raiser luncheon is being held for the cause at Downunder Curry restaurant 417-419 High St, Northcote, Victoria on 26th of October.

Sambridhi has been working on a health education project in Nepal for the last year regarding basic health education delivery to disadvantaged women and children in the rural outskirts of Nepal.

Sambridhi shares about her project, "I have received huge support both in Nepal and Australia and now I am excited to develop this project from the trial stage to a now long term project. The Logged On Foundation is interested in developing this project further and we would like to extend a warm invite to all of you."

More info on the project can be found in <http://www.loggedon.org.au/health/>

## Nepalese community senior citizens in Melbourne

**N**epalese community senior citizens in Melbourne have convened a gathering in Melbourne recently.

More than two dozen Nepalese elders were present at the gathering held at the Gurkhas restaurant in Moreland.

According to Bom Yonzon, the coordinator of the gathering, the meeting has decided to carry out various activities in

a bid to ensure the welfare of community seniors.

The meeting also decided to formally register a Nepalese Senior Citizen Club to facilitate the future activities. NSCC will work towards the welfare of growing number of ageing first generation Nepalese migrants as well as equal number of visiting parents from Nepal.





## Melbourne Uni PH.D. candidate Kamal Gaire presents his paper on Jumla's food security

**K**amal Gaire, a PH.D. student from Melbourne University organised an event in Melbourne recently where he presented the processes and the outcomes of his research on Jumla's food security. The event was part of Melbourne University's prerequisite that all PH.D. students need to do before the submission of their theses is accepted.

Students usually do that to showcase their work to the wider academic world and also to seek feedback so that the thesis can be improved before submission.

The University normally keeps the process low key, whereas in Mr Gaire's

case, The Melbourne University chose to publicize the Mr Gaire's presentation.

After the event Mr Gaire shared with Nepalese Voice, "I presented my work and I am glad that I got positive feedback and mostly complements. As far as my university is concerned, since they did not have specific questions, I assume that they agree with my theoretical framework, arguments, methodology, and epistemology."

Mr Gaire's research work will be published soon in a peer reviewed Journal.



### FACULTY OF SCIENCE

Geography & Environmental Studies Seminar Series  
Semester 2, 2014

#### PhD Completion Seminar

**Food Security and Vulnerability in Jumla, Nepal:  
Withdrawing, Resisting, Maintaining and Adapting**

Tuesday 9 September 2014, 1pm  
Theatre 2, 221 Bouverie St, Carlton

Food security discourse has shifted from a narrow focus on food supply to a greater consideration of access, entitlements and sustainability. An emphasis on vulnerability has coincided with increased recognition that the causes of food insecurity are the result of a complex interaction between ecological, social, political and economic events and processes. Understanding the strategies that people employ to respond to these risks is critical to identifying pathways for change towards greater food security. I explore people's explanations of and responses in the context of changes to their livelihoods and the wider social-ecological system in which they are embedded. An integrated vulnerability framework, drawing on a social-ecological systems approach, was applied to structure data collection, analysis and discussion in a food insecure region in Nepal. Using in-depth interviews, focus groups and historical data, I have examined negotiation processes, decision making, actions and interactions within social-ecological practices. Four distinct narratives and responses emerge—those of withdrawal, resistance, maintaining and/or adapting to food insecure situations. These stories reveal the complexity of managing the lived experience of food insecurity. They highlight the need for adaptive policy responses and point towards pathways that are likely to contribute to greater food security.

#### Mr Kamal Gaire

PhD Candidate  
Department of Resource Management & Geography  
The University of Melbourne

Before starting his PhD in February 2011, Kamal was working as an agriculture extension officer for over 14 years at Nepal's Government Department of Agriculture. As an extension officer, he was working with small farmers in remote districts advising/helping them in their farming related issues. Kamal completed a Master of Agriculture (by Research) from the University of Melbourne (2005-2007), and his Master's research included understanding Nepal's grassroots women farmers' groups.

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## Melbourne based publication houses unite to publish community souvenir edition

**Nepalese Voice**  
Linking Australia to Nepal — Australia

"The special edition will be a memento to the community from the media fraternity. We will try to incorporate our community's history, current dynamic and possible future." - Peshal Luitel from Pipalbot

**M**elbourne based Nepali community houses have united to publish the community souvenir edition on the occasion of Hindu's biggest festival Dashain and Tihar. The publication of the community souvenir edition will also coincide with the biggest community event in Melbourne, Nepal festival-2014. Melbourne based publications, Pipalbot Nepali fortnightly, Namaste Nepal News Nepali Monthly and Nepalese Voice English Monthly have collaborated to bring out a special edition aiming to release during Nepal festival 2014 scheduled for November second. The editorial panel is comprised of Peshal Luitel from Pipalbot, Sabin Thapa from Namaste Nepal News and Ramjee Poudel from Nepalese Voice.

On behalf of editorial panel of the souvenir edition Mr Peshal Luitel said, "the special edition will be a memento to the community from the media fraternity.



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ty. We will try to incorporate our community's history, current dynamic and possible future. In a sense it will be the reflection of our community."

Mr Sabin Thapa from Namaste Nepal News said, "we will be presenting a high quality edition to the community. Not just in a sense of paper quality but also in terms of contents. We will be printing about 5000 copies and we want every community member to have access to that." He added, "our intention is also to demonstrate the united front of the community based media houses."

The publishing team is currently open for any relevant contents and the advertising prospects for the businesses.

## Nepalese Association of Victoria AGM to be held

**Nepalese Association of Victoria**

**N**epalese Association of Victoria is organizing its annual general meeting on 19th of October. NAV has invited all its members to attend the meeting.

According to the statement issued by

NAV Prez Mr Sudhir Shakya, at the AGM, reports on the NAV activities held last financial year 2013/14 will be presented.

#### AGM Program Details:

Date: Sunday, 19th October 2014  
Venue: Darebin Intercultural Centre, Jade Room  
59A Roseberry Ave, Preston  
Time: 12.30pm -2:00pm

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# Nepal Festival Sydney concluded



**S**ydney has successfully held Nepal festival-2014. The event was coordinated by NRNA Australia's NSW SCC in collaboration with Nepalese embassy in Canberra, Nepalese Consulate office in NSW and other community organisations in Sydney. Around 20 thousand people braved the drizzly weather to attend the biggest community event. Visitors from all states across Australia

flew in to participate in the extravaganza. Nepali handicrafts, business stalls, variety of Nepali cuisine were on display.

As a chief guest minister for the department of human resource Hon Marise Payne praised Nepali community for their effort to keep Nepali traditions and culture alive in Australia. HE Ambassador of Nepal to Australia Rudra Nepal, MP Michelle Rowland, Senator Sam

Dastyari, NSW leader of opposition John Robertson, Hon Consul Generals Mr Deepak Khadka and Chandra Yonzon, NRN ICC President Shesh Ghale, Patron Indra Ban also addressed the event.

On the occasion, secretary Bhuwan Pandey and member Bharatmani Devkota updated on the organisation's activities so far.

Nepal House, a marquee set up to

showcase Nepal's culture, Roma Neupane, the single leg dancer from Nepal, Nepali pop stars Anil Singh and Nima Rumba were the highlights of the event.

Nepal festival was first held in 2006. This year all major four cities are holding their own chapter of the event. After Perth and Sydney, the event is scheduled in Melbourne for 2nd of November followed by Brisbane.

## Nepali students participate in Asian festival at Wollongong Uni

**N**epalese students studying in Wollongong University Asian participated in festival held at the university.

To represent Nepal, various stalls consisting of natural, cultural, historical and archaeological artefacts of Nepal were demonstrated.

The festival was held by the students pursuing higher studies at the Wollongong University hailing from different countries across the world.

According to UOW Nepalese Stu-

dent Society chairman Niranjan Mainali, more than 200 people visited Nepali stalls. Nepalese cultural dance, Maruni, Tamang Selo, Sherpa, Bhojpuri and Gurung community's traditional attires were performed with a brief introduction about them.







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# Nepali scientist from Victoria Uni researching substance abuse

**N**epali origin scientist from Victoria University, Dr Chandra Jha will join leading US minds investigating what makes people relapse into drug and alcohol addiction.

Dr Jha was selected by the United States National Institute on Drug Abuse to join researchers at the University of Washington's Centre for Drug & Alcohol Research in Seattle during 2015.

The prestigious INVEST/CTN Drug Abuse Research Fellowship provides postdoctoral research training and professional development for talented drug abuse scientists.

"It's a fantastic opportunity for me to really develop my practical and theoretical research skills with a leading group in this area by observing how they approach the work," Dr Jha said. "It is really exciting for me to take this big step in my research career."

Dr Jha's research explores the factors preventing relapse into heroin, alcohol, ice and other substance abuse. He joined Victoria University's Centre for Cultural Diversity & Wellbeing last year, bringing with him more than 20 years' experience of research and field-work in drug harm minimisation.

His PhD research project involved extensive field work exploring how marginalised HIV sufferers in Nepal coped with exclusion, lack of family and community support and uncompassionate care from service providers.

"It was that experience and the things I saw there that inspired me to dedicate my research career to harm minimisation in drug and alcohol abuse and to providing an evidence base to policies and programs that work in turning people's lives around," he said.

Dr Jha now balances his academic work with a nursing coordinator role at the Salvation Army. He said having strong connections with industry and those working on the ground was crucial to producing relevant, informed and practical research outcomes.

The issue of substance abuse is growing worldwide and Australia is no exception.

He said youth unemployment, a lack of problem solving and stress-management skills and weak support networks were behind much substance abuse for young people. Meanwhile the common issues underlying substance abuse for older people include loneliness and isolation.

"In my work I see people overcome their substance addiction to go on and lead fulfilling lives and thrive," he said. "Unfortunately these are not the majority of cases, which is what makes understanding why some relapse, and



others not, so important."

Dr Jha has published widely on substance use, youth, HIV, STIs, migration, stigma and the trafficking of women.

## Know more about Dr Chandra Jha, PhD (UNE)

Adjunct Fellow, Centre for Cultural Diversity & Wellbeing (CCDW)

Dr Chandra Jha is a public health scholar with expertise in HIV/AIDS, sexual and reproductive health, harm minimization and research.

He received PhD from School of Health, the University of New England. His thesis explored how people cope with HIV and marginal identity in Nepal while they often experience exclusion and lack of support from family, communities and uncompassionate care from service providers.

Dr Jha has extensive industrial and research experiences from Nepal and Australia, and has published manuscripts on substance use, youth, HIV, STIs, migration, trafficking in women and stigma in peer reviewed journals.

## His publications:

- Jha, C. & Madison, J. (2013). Strategies for reinventing and reinforcing the disrupted biography of people with HIV in Nepal; *Journal of Health Sociology Review*, 22 (2): 221-232
- Jha, C. & Plummer, D (2013). Culture, identity and the embodiment of drug use in Nepal, *Journal of Mental Health and Substance Use*; ID: 760473. DOI:10.1080/17523281.2012.760473
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- Jha, CK & Madison, J. (2012):

Withdrawal Symptoms Hindering Harm-Minimization and Drug Detoxification Efforts: Experiences of Injecting Drug Users in Nepal, *Journal of HIV/AIDS & Social Services*, 11(3): 196-209

- Jha CK & Plumber D. (2012) Unpacking drug detoxification in Nepal: in-depth interviews with participants to identify reasons for success and failure. *International Journal of Psychosocial Rehabilitation*. Vol 16(2) 55-69
- Jha, C. & Madison, J. (2011). Antecedent and sequelae issues of Nepalese women trafficked into prostitution. *International Journal of Women's Studies*, 12 (1): 79-90
- Jha, C., Plummer, D & Bowers, R. (2011). Coping with HIV and dealing with the threat of impending death in Nepal. *Mortality*; 16 (1): 20-34
- Jha, C. (2011). A widening gap in economic crisis and opportunities:

A perspective of migration and HIV from Dadeldhura, Far-West of Nepal; *SAARC Journal of Tuberculosis, Lung Diseases and HIV/AIDS*, 2011; 8(1): 15-19

- Jha, C. and Madison, J. (2009). Disparity in health care: HIV, stigma, and marginalization in Nepal. Manuscript published by *Journal of the International AIDS Society*; 2009: 12:16

## Dr Jha's areas of expertise

- Coping with HIV
- Gender and family-based violence
- Geriatric health and aged care
- Marginality
- Migrant and refugee health
- Social exclusion
- Substance use
- Young people's sexual health





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# Australia funds 15 small projects in Nepal

**O**n 23 September 2014, Australia's Ambassador to Nepal, HE Glenn White, presented cheques worth NPR 29.4 million to 14 nongovernment organisations in Nepal under the embassy's Direct Aid Program 2014-15. The Embassy, through its Direct Aid Program, is funding projects in health, education, disability, sports and media development.

The recipients for this year include:

1. Public Health Concern Trust (PHECT Nepal) to conduct screening camps for obstetric fistula
2. Nepal Cleft and Burn Centre to improve the infrastructure of the Plastic Surgery Department in Kirtipur
3. Himalayan Rescue Association Nepal to improve the health outpost at Pheriche in Mt Everest region
4. Nepal Australian Cervical cancer Foundation to conduct cervical and breast cancer screening camps in four districts
5. Tamakosi Co-operative Hospital to improve its infrastructure
6. Development Communication Society Nepal to conduct training to journalists in four districts on Right to Information
7. National Federation of the Disabled Nepal to promote accessibility and employment for person with disabilities
8. Sangai Hami to spread awareness on accessibility issues for persons with disabilities and to construct six ramps
9. Nepal Cancer Relief Society to conduct general cancer awareness in Surkhet
10. Special Olympics Nepal to conduct two regional Bocce Games
11. BP Eye Foundation to conduct ear health screening camps in early childhood development centres in Bhaktapur district
12. Autism Care Nepal Society to strengthen occupational therapy and pre vocational skill units for persons with autism
13. Learn to conduct teacher training in Myagdi district
14. Siddhi Memorial Hospital to install power backup system
15. Reiyukai Eiko Masunaga Eye Hospital to purchase equipment for ophthalmic surgery

## Handing over the fund, Ambassador White said:

"The Direct Aid Program is aimed at humanitarian or development activities for the communities in need and seeks to provide grassroots support for groups focussed on self-help objectives. The Direct Aid Program is another demonstration of the strong Australia-Nepal partnership in action".



## Promoting Nepalese art in Australia



**N**epalese artists have a knack for creating artworks teeming with emotional and narrative content. Paintings from Nepal have been known for clear intentions with concise narration. The subject matter effuses with creativity and Nepalese painters show mastery of technique, whether it is abstract or realistic subject. Nepalese artists have confidence in handling of materials and

the paintings manifest a good underlying abstract with no glaring mistakes.

Nepalese artists and their work have not received the attention they deserve. Envisioning returns commensurate to the effort for Nepalese artists we have taken the responsibility of promoting them in Australia. We believe that our project "Phoenix" will help create better and sustainable job opportunities for art-

ists in Nepal. "Phoenix" is not run with an intention of making profit. Instead we have cut the cost of the paintings down as much as possible. We strongly believe that this will encourage art lovers to become potential clients of the paintings imported from Nepal.

Phoenix Art is importing quality handmade paintings (especially oil) from Nepal to help sustain and further encour-

age the painters back in our country. We have already received our first consignment of paintings and are looking forward to exhibit them in the near future. In the mean time anyone interested is more than welcome to contact us.

### Contact details:

Email: phoenixartmelbourne@gmail.com  
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## Arijit Singh to mesmerize his fans with his soulful voice



'Tum Hi Ho' fame Arijit Singh is performing in Australia this month. His shows in Sydney and Melbourne are scheduled on 26th and 25th October respectively.

**A**rijit has a massive fan following in Nepal and Nepalese community around the world. His soulful voice is loved as widely amongst Nepalese as it is in India.

Singh first came into the public eye during a reality show called Fame Gurukul in 2005 on Sony television. Despite he lost the show but he won the hearts of the million fans. He later went on to win a subsequent reality show called 10 Ke 10 Le Gaye Dil with the help of audience votes. Moreover, he also sung the title

song "Hum Hai Deewane" of the Indian TV show called Madhubala - Ek Ishq Ek Junoon and Dadagiri featuring Sourav Ganguly. Shankar Ehsaan Loy gave Singh the first break on one of their songs called "All For One" from High School Musical 2 (Vol 1) album in 2007.

Born 25 April 1987 in Jiaganj, Murshidabad, Arijit Sing is now a leading Indian playback singer. 'Tum Hi Ho' from Aashiqui 2 that won him Filmfare and IIFA best male playback singer award in 2013 and 2014 respectively.

## Kabaddi to smash record with its fifth show in Melbourne



**N**epali film "Kabaddi" is set to smash the record of highest number of shows by any Nepali movie in Melbourne alone. The movie will have the honour of being the most viewed movie when it will screen for the fifth time in Estonian House next weekend. The movie pulled four housefull shows before this.

Neplay Events is doing the last show

of Kabaddi bigger than previous four. Sanjay Shah from Neplay says, "we are back by popular demands. There were many people that missed our previous shows and to accommodate them we have decided to do one more special show." He added, "it's really encouraging to see that Nepali movie are doing fantastically well in Melbourne and we feel proud to be part of the process."

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## Historic Nepali movie 'Seto Bagh' to premier in Australia

The premiere show of the movie 'Seto Bagh' is scheduled to take place in Melbourne. According to a press release issued by NNN Media, the organizer, the film's red carpet premiere show will be held at Village Cinemas in Melbourne on November 8. The regular screening of the film will be held in the same hall thereafter.

Director Neer Shah along with his wife and another director Gyanendra Deuja will be flying to Melbourne to be part of the premiere show.

According to Deuja, the film will be screened in different cities of the US after the screenings in Australia. The release date of the film in Nepal hasn't been fixed yet.

'Seto Bagh' is based on the book under the same name written by Diamond Shumsher Rana which portrays the last 30 days of Jung Bahadur Rana, the founder of the Rana regime.



## All Nepal music festival underway

The Ncell Mela, an all-Nepal music festival that has brought together popular Nepali music artists on one stage, is underway. The first show was held in Birtamode on September 11. Ncell, a private GSM mobile service operation company, has organised the tour in order to celebrate joy and to exchange happiness among the audience.

The festival features performances by Shiva Pariyar, Sugam Pokharel, Milan Amatya, Astha B, Khusbo Pradhan, Yama Buddha and other local artists from their respective areas. The Mela will also have comedian Jitu Nepal performing live skits and stand-ups. Singer Deepak Bajracharya and band Mukti

The festival aims to celebrate life with people of all ages from all over Nepal.



## Jazzmandu in Kathmandu

The grooves and melodies along with the musical treat of lots of improvisation of instruments and individuality of music of each artiste, surrounded by jazz music enthusiasts — it is the biggest jazz party in the Himalayas. Oh yes it is Jazz-mandu! It is a galore of good of music from great musicians playing in great venues around the Valley. And it is time to experience this musical experience back-to-back in the week-long fest.

Surya Nepal Jazzmandu 2014 will take place from October 16 to 22. Artistes from Brazil, Australia, Singapore, USA, Cuba and Europe will make their appearance in the festival delivering different shades of jazz sound. KJ Denhart from the US will move you with her powerful voice and special blend of urban folk and jazz music. With elements of progressive jazz, indie, funk and soul, the raw groove

of Kristian Persson Elements will enthrall at Jazzmandu 2014 to create an electrifying jazzy scene. Original compositions of Tropic Green which are harmonically rich and rhythmically sparkling will also resound at the festival.

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**R**ecently, I participated and observed the 6<sup>th</sup> IWG World Conference on Women and Sport. The International Working Group on Women and Sport is an internationally renowned organization which has the vision to create a sustainable sporting culture based on gender equality. As well as fully involving young girls and women in every aspect of sport and physical activity, the organization works to strengthen the mental and physical health of young women and girls through the advocacy of sport and activity. They believe that through the encouragement of female participation in sport, girls can build up their self-esteem and lower the risks of being victim to gender-based violence, sexual harassment and exploitation. One thing that caught my attention was the fact that research shows that boys and girls between the ages of 6 and 9 are equally interested in sport participation. However, by 14, girls drop out of sport at a rate that is 6 times greater than boys. Leaving the conference, I thought about my personal experiences with female (particularly Nepali) participation rates and realized that sport is not being promoted enough; especially within our own Nepali community. Participating in the conference motivated me to spread the message throughout my community. I believe that we need to encourage our girls to participate and excel in more sports as Gender-based violence, sexual harassment and exploitation are all major issues in today's world. Although most of us don't worry much about these issues, it is still worth enrolling girls in sport.

The Nepalese community in Aus-

tralia is still relatively quite young. Many families have just recently migrated, whilst some of us are still trying to settle down after 20 years. Naturally, our community has migrated to foreign developed nations (such as Australia) for a better life; especially better education and facilities for their children and family. Parents strive to see their children succeed academically, and hope to see their children end up as smart, independent people with highly skilled and respected professions. In this contest, the argument may be that children should focus on nothing but study in order to succeed. However, this is not the case. Research has shown that a balanced approach to life will enhance great success and ultimately benefit the children. The balanced lifestyle will boost self-confidence and lower the potential risks of violence and assault. Sport however, can also:

**Teach life skills:** Not many people realize, but sport teaches some of the best life skills. When you work with coaches, trainers and peers to win games and achieve goals, you're learning how to be successful. Above all, you're learning how to work collectively towards the achievement of a common goal; this is a crucial skill for success in both the workplace, family life and beyond that in all spectrum of life.

**Teach Discipline:** As an athlete myself, I would say one of the biggest advantages sport brings is discipline and responsibility. Most organized



sports revolve around a strict training and game schedule. Unless you are a full-time professional athlete, you may spend a lot of your time as a student-athlete; forcing you to smartly adapt to balancing academics, social and family requirements and sport. Playing sport builds discipline through the strict following of rules and regulations, and having to be responsible with your time management.

**Keep you fit and Healthy:** This is quite an obvious benefit, but playing sports is beneficial for both your physi-

cal and mental wellbeing. The Australian Government Department of Health and Human Services recommends at least 150 minutes of moderate-intense exercises per week. Exercising regularly is the key to staying fit for a long, healthy life and has been proven to combat chronic diseases such as high blood pressure, osteoporosis, high cholesterol, heart disease and type 2 diabetes. Aerobic activity (anything that involves running) keeps your heart, lungs and brain strong. Exercise also improves your mental ability, and can also cut the pressure of school, work or home. Playing sports can lessen stress and help you feel happier due to the endorphins released as a result of activity.

**Maintains your weight/Helps you lose weight:** In addition to being fit, sport maintains a healthy weight. In a society that's obsessed with a perfect female body image, sport is a healthy way to keep you in shape, rather than starving yourself or endlessly dieting. So for all the teenage girls and young women out there, go for a run or join a sport club- don't diet and look for short-term changes, lose your unwanted body fat and weight in a healthy manner.

**Improves Academic Outcomes:** Participating in sport also has its positive aspects to study as exercise improves learning, memory and concentration. A good balance between study and sport is great for your body and will promote the development of a healthier brain and body. So don't think that enrolling your daughter is time waste, because it has been proven that girls who play sports and have a healthy balance in their lives, have



**Research has shown that a balanced approach to life will enhance great success and ultimately benefit the children. The balanced lifestyle will boost self-confidence and lower the potential risks of violence and assault.**

(on average) higher grades and overall better school results.

**And most importantly... It's FUN!** I coach young girls and when they play, I can't help but feel pride when I see their ear-to-ear grins as they finish their game- regardless of whether they win or lose. Participating in sports is fun, and personally I play it because it's a great way to keep fit and healthy and enjoy with my friends. From my Thursday night Rep Netball matches, to State Badminton Matches on Wednesday afternoons, I enjoy participating in sport, and can confidently say, so will you.

So, if you are a young girl aspiring to start a sport, focus on what you enjoy the most and what is in your fitness capabilities.

**If you are shy or just not very athletic** go for regular walks with your friends or even your mum. Try hiking or swimming on the weekends as a family. Non-competitive sports/activities such as dancing, gymnastics, or even badminton are ideal ways to get your activity in!

**But if you are Athletic and like a challenge**, then go for more competitive and demanding sports. Enroll yourself in a local sport club such as Soccer, Netball, Hockey or even your school track team! Participate and involve yourself in team sports. Who

knows, you could even end up being the next Olympic Star!

Although there are plenty of young Nepali people engaging themselves in sport, we still need to encourage more of the younger kids; especially girls to involve themselves more. To all the parents out there, if your daughter is doing nothing but studying all day, you should consider asking her whether she'd like to start a sport or an activity. Girls, you seriously should consider joining a club or starting dancing because sport and exercise is so beneficial to health and its great fun as well. Come along and participate in the Nepali Sport Tournaments; there are a range of different sports, from Basketball to Badminton to even golf. Take advantage of the opportunities

you have, because one day when you're older, you'll regret not doing so.

And to our great community leaders such as NAV, other sport associations, clubs and even individuals, please encourage the participation of more individuals; not only girls. It is important that we as the Nepalese community make a greater impact in Australian culture and sports. Invest in starting girl's tournaments and categories as well because one of the biggest reasons for the lack of female participation and interest is because men's sport is constantly in the spotlight; we never get our turn.

So ladies, get your old gear out and start playing sport/exercising again, it's good for you and you'll have fun!



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# More clearer fencing law introduced in Victoria

**N**ew legislation that commenced on 22 September will help make the law on fences clearer, simpler and fairer and help avoid one of the most common causes of disputes between neighbours.

The new laws would make it easier and more straightforward for people to reach agreement with their neighbour about building, rebuilding or repairing a boundary fence.

The commencement of the new laws coincides with the 20th anniversary of the Dispute Settlement Centre of Victoria, which helps Victorians with advice and mediation to prevent neighbourhood and community disputes from escalating.

Figures released today by the Centre show that it fielded nearly 20,000 calls for assistance in the 2013/14 year, with nearly one third (6,489) of all calls relating to fencing matters.

The new legislation sets out clear rules and procedures on a wide range of common fencing issues, including:

- where adjoining owners are both required to contribute to the cost of a dividing fence, the owners will generally be required to contribute equally to a sufficient dividing fence;
- criteria are set out to determine what sort of fence will be considered sufficient based on factors such as any existing fence, the type of fence usual in the neighbourhood and the purposes for which the neighbours are using their land;
- if an owner wants a more expensive fence than a sufficient fence that owner must pay the extra cost;
- an owner will be required to first seek the agreement of their neighbour before building a fence, even if they don't want the neighbour to share the cost;
- rules for carrying out and paying for urgent fencing works;
- authorising local councils to provide the name and address of an absentee owner so a neighbour can serve a fencing notice;
- if a neighbouring owner can not be found or does not respond to a fencing notice, the other neighbour can proceed with the fence and obtain a court order for the first neighbour's share of the costs;
- clear rules to answer questions such as which side of the fence the rails and framing should be built on; and
- procedures for doing a boundary survey if neighbours can't agree on where the common boundary is located.

For more information on the Dispute Settlement Centre of Victoria or fences laws, please phone 1300 372 888 or visit [www.disputes.vic.gov.au](http://www.disputes.vic.gov.au)



# Refugee policy reintroduced

**A**ustralia will reintroduce a controversial temporary visa system to deal with a huge backlog of asylum seekers, despite criticism the stopgap process leaves refugees in limbo. Under the legislation, refugees would be allowed into Australia for an initial period of five years, during which time they would be allowed to work, provided they go to a remote area in need of labourers.

Governing Liberal Party won an election last September after campaigning on tough immigration policies, which have been criticised internationally but which polls show remain popular with voters.

Australia uses offshore detention centres in Papua New Guinea and the tiny South Pacific island nation of Nauru to process would-be refugees who arrive on boats, but some 30,000 who arrived before the policy was set are awaiting processing in Australian detention centres.

Immigration Minister Scott Morrison said that the Temporary Protection Visas (TPV), which were introduced under former Prime Minister John Howard and abolished in 2008, would address those people without providing

inducements to people smugglers.

"TPVs will provide refugees with stability and a chance to get on with their lives, while at the same time guaranteeing that people smugglers do not have a 'permanent protection visa product' to sell to those who are thinking of travelling illegally to Australia," he told reporters.

The opposition Labor Party said it opposed temporary protection visas as leaving asylum seekers in limbo without a pathway to citizenship, but would study the proposed legislation.

Morrison said a deal had been reached with mining magnate Clive Palmer, whose Palmer United Party virtually controls the balance of power in the Senate, which nearly ensures its passage through Parliament.

About 16,000 asylum seekers came to Australia on 220 boats in the first seven months of 2013, but the government says there has been just one "illegal" boat arrival since December. Hundreds of asylum seekers have drowned when rickety boats, mostly from Indonesia, have sunk en route in recent years.



**Australia uses offshore detention centres in Papua New Guinea and the tiny South Pacific island nation of Nauru to process would-be refugees who arrive on boats, but some 30,000 who arrived before the policy was set are awaiting processing in Australian detention centres.**





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## Skills, Knowledge and Innovation (SKI) Transfer

# What is it and how can this be achieved?



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### Abstract

The Non-Resident Nepali Association (NRNA) is motivated to work towards transferring skills, knowledge and innovation (SKI) from NRNs to Nepal. This paper analyses feasibility of achieving this in the context of growing globalisation. It argues that currently transfer of new knowledge from NRNs to Nepal is outside the reach of NRNA as the new and useful knowledge and innovation are heavily protected. Consequently, it is not possible for NRNs to do a meaningful transfer of knowledge and innovation. The only component of SKI that can be transferred from NRNs to Nepal is the 'skills'. Therefore the paper recommends that NRNA should focus on skills transfer rather than all three components of the SKI. The paper also provides a road map to achieve that.

### Introduction

Since the past few years, the NRN community scattered across the globe, has shown a great interest in helping their motherland by transferring whatever they can - their skills, knowledge, innovations and investments. As most NRNs have acquired a range of skills and knowledge, some at the cutting edge of their profession, through education, training and work experience, they most likely have the capability to make such transfers. Some of the NRNs have also become successful entrepreneurs and are now willing to invest in Nepal. Furthermore, many in Nepal believe that the NRNs may one day provide much needed innovative ideas, skills, knowledge and financial resources that could help develop the country.

To initiate such transfer of skills,

knowledge and innovation (SKI) of NRNs the International Coordination Council (ICC) of the NRNA set up a task force in 2009. This task force conducted groundwork to establish the two flagship projects: the Open University Nepal (OUN) and the Nepal Science Foundation (NSF). Recognizing the importance of this issue, the NRNA-ICC recently formed a permanent SKI committee and developed its terms of reference to manage the transfer of SKI. Recently, a memorandum of understanding was signed by the Nepal Government and NRNA to create frameworks for the establishment of the OUN.

From the various reports and newspaper articles written by the SKI task force, we deduce that their emphasis is mainly centered on the OUN and NSF as the vehicles for the SKI transfer. In the past, they had also identified the e-Library project as one of the means to transfer SKI but that appears to have been abandoned. While these initiatives in themselves undoubtedly are praiseworthy, it is still unclear how were they chosen, how can they become the most appropriate vehicles to transfer diverse fields of SKI from a globally scattered community of NRNs and how will these institutions actually implement the transfer. The answers to all of these will depend on how these institutions will evolve and operate; how and what courses will be taught at the OUN; and whether the NSF will be busy in organizing just another talk fest or will do some substantive work and deliver on its objectives. It may not be far fetched if someone claims that OUN and NSF will focus more on 'knowledge' transfer, a bit on skills

**The transfer of knowledge without innovation or skills transfer - has been the key characteristic of Nepalese education system so far. Without higher level skills graduates will be unable to start private enterprise to employ themselves and create employment for others or be employable by profit-seeking enterprises; they will always rely on the government to create jobs for them.**

transfer if some vocational courses were included in the curriculum of the OUN. Whether the transfer of innovation will be covered is not clear yet but as we will argue below the transfer of innovation is not likely to happen in any way in the next 10-20 years when Nepal has to make a leap.

It needs to be recognized here that knowledge transfer without innovation and/or skills transfer would have no real impact. The transfer of knowledge without innovation or skills transfer - has been the key characteristic of Nepalese education system so far. Without higher level skills graduates will be unable to start private enterprise to employ themselves and create employment for others or be employable by profit-seeking enterprises; they will always rely on the government to create jobs for them.

Innovation comes with business investments and carries high risks. It is therefore more responsive to incentives, rewards and opportunities. Whether innovative NRNs will embrace the OUN and NSF flagship model, therefore, depends on whether these flagships also work on creating investment friendly environment in Nepal. They also need to offer unique opportunity of combining the new knowledge, skills and local resources available in Nepal. Despite good intentions, without proper facilities innovators/investors will go where the best opportunities for profits are.

There seems to be a lack of congruence in the meaning of SKI and what the mechanism of its transfer should be. For example, for many NRNs, knowledge and innovation have come through scientific disciplines and not from the other sectors/disciplines which significantly contribute to income, welfare and standard of living

of the people. Due to such misconceptions and lack of understanding resulting from inadequate communications or miscommunication many NRNs with potential for transferring SKI are hesitant to take part in the dialogue and debates on SKI. Given that there is a need to better understand the concept of SKI and the appropriate mechanisms of its transfer, it appears that there is a considerable scope to re-focus and adjust the scope of activities the NRNA SKI committee.

Before we start elaborating on the process or mechanism of SKI transfer, we need to understand clearly what the terms skills, knowledge and innovation mean. To make an effective transfer, we need to know exactly what we want (or propose) to transfer before we start transferring. Therefore the purpose of this paper is to (i) broadly describe the SKI concepts in simple terms (ii) explain what does SKI mean, which components of SKI can be transferred and outline its effective transfer mechanism with a road map. Once we are clear on what we want to transfer, how can we transfer it, where and to whom do we transfer it clearly, specific projects can be designed and implemented for effective transfers. An open and serious discussion on the proposals outlined in this paper may help achieve that.

### To be continued....

2. WHAT ARE SKILLS, KNOWLEDGE AND INNOVATIONS?
3. ELEMENTS OF A TRANSFER AND ITS MECHANISM
4. SKILLS TRANSFER OR SKI TRANSFER: WHAT SHOULD BE THE FOCUS?
5. ROAD MAP FOR AN EFFECTIVE SKILLS TRANSFER
6. CONCLUSIONS



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## Rabin Adhikari President of Dhading Society



**D**hading Society Australia has formed a nationwide working committee through a meeting held in Sydney recently. The meeting has selected IT professional Mr. Kiran

Adhikari as a Patron and Founder President, similarly entrepreneur Rabin Karki as the President of the society.

The newly formed committee comprises representatives from all states including Melbourne, Brisbane, Adelaide, Perth and Tasmania. (see the attached flyer for the complete list)

After the meeting, President Karki said, "I am happy to be nominated as the President of the society. I would, in particular, like to thank Kiran Adhikari for his initiative to form this group. I anticipate co-operation from everyone in the community in this process of uniting individuals from Dhading district through various activities."

Dhading Society is a group of individuals from Dhading district of Nepal that are currently residing in Australia. The group aims to utilize its network in Australia to contribute back to its origin.



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## NADF provides assistance to flood victim



hupalchowk, Gopal Prasad Parajuli, who is also the coordinator of district natural disaster rescue committee.

Youth leader of the Nepali Congress from Sindhupalchowk district, Taranath Dahal, had taken initiative to collect the assistance.

On the occasion, DPM Singh said the government has given top priority to the rehabilitation of the displaced people after the landslide in Mankha and the reconstruction of the infrastructures.

He thanked the Nepalese Democratic Forum of Austria for

extending support. At the programme, youth leader Taranath Dahal said the leaders and cadres of the Nepali Congress from the district were mobilized so as to extend utmost help and assistance to the victims of landslide and floods.

He drew the government's attention to bring a concrete programme for the rehabilitation of victims.

Similarly, CDO Parajuli informed that 11 dead bodies were yet to be identified and 146 people were still missing.

A massive landslide on August 2 had blocked the swollen Sunkoshi River killing many at Jure, Mangkha of the district.

**N**epalese Democratic Forum has provided the assistance of Rs 500,000 for the relief and rehabilitation of the victims of Mangkha landslide and the Sunkoshi floods.

The assistance was generated from Nepalese living in Australia at the initiative of the NADF Australia. Melbourne based engineer and active community member Narayan Kafle, on behalf of the Nepalese Democratic Forum, Australia, handed over a check of half million to Deputy Prime Minister Prakash Man Singh at a programme today.

DPM Singh then handed over the check to Chief District Officer of Sind-

## Bottle for School's Dashain program to collect fund for school in Nepal

**B**ottles for School is set to organize "Fund Raising Dinner plus a Dashain Celebration" program in Adelaide on 5 October on the occasion of Dashain festival.

The program is going to be held with an aim to support Bansaghu School of Nepal that had been swept away by the massive Sunkoshi River landslide recently.

The program will take place at North Adelaide Community Centre, 176 Tynte St, North Adelaide 5006 from 5:30 pm. According to the organizer, Nepalese cultural dances and songs by local artists and Tika and Jamara stall for Dashain Celebration will be the main attraction of the event.

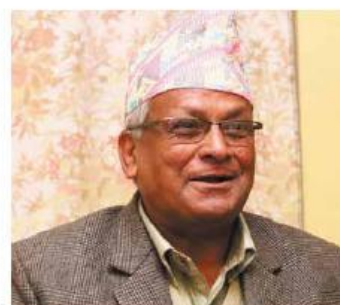


## NPPF extends its condolence to late leader Posta Bahadur Bogati

**N**epalese People's Progressive Forum Australia has extended its heartfelt condolence on demise of former minister and UCPN (Maoist) Vice Chairman Posta Bahadur Bogati who died last Monday.

A statement issued by NPPF's Presi-

dent Mandab Raj Karki has said that late Bogati had shown great leadership during Maoist civil war and also leading up to the peace process. The statement has said "we are saddened by the untimely demise of the Posta Bahadur Bogati, he was a true patriot, honest, anti anarchist and



a great leader. Maoist Party is inherited with his legacy. Our prayers are with his families and all the party members to have a strength to deal with this irreparable loss."

The UCPN (Maoist) leader passed away last Monday. He had been admitted to the Norvic Hospital here after he suffered a heart attack and brain hemorrhage on Friday.



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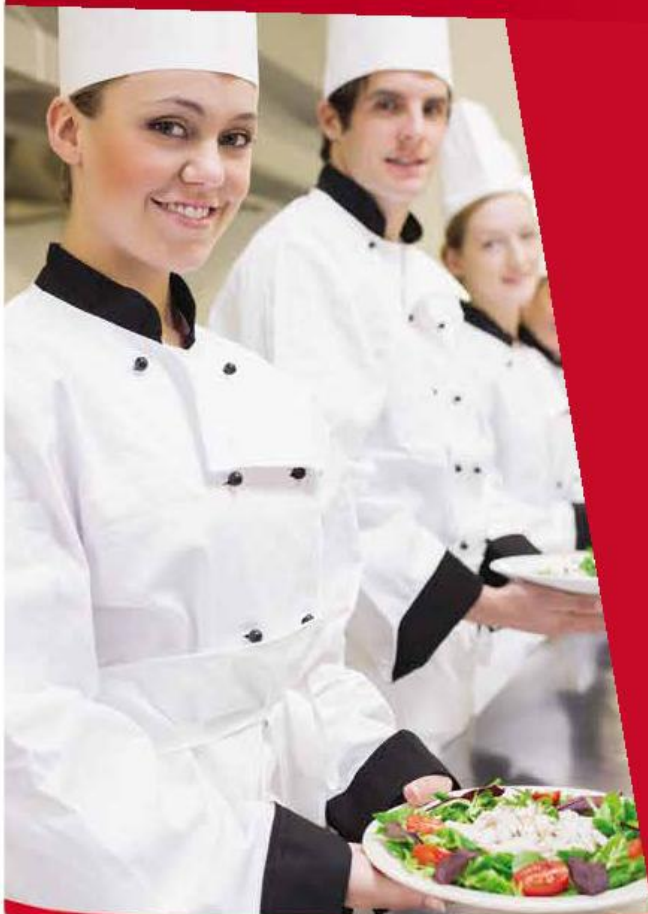


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## NRNA regional conference concludes declaring nine-point manifesto



The eighth regional conference of Non-Resident Nepali Association (NRNA) has been concluded declaring a nine-point charter at Tateshina, Japan on 19 September.

The two-day conference was concluded with an emphatic urge to the political parties for the timely promulgation of the new constitution. Stating that non-resident Nepalis were also paying keen attention to the statute drafting process, the conference urged all stakeholders to promulgate new constitution within slated timeframe.

The charter made public by NRNA spokesperson Mana KC also pledged to cooperate with Nepal government in a

bid to contribute for the national development. Saying that prosperous Nepal is the motto of all non-resident Nepalis living across the world, the conference also demanded the government to make a conducive environment to bring investment from NRNs.

The charter also includes the demand of continuing Nepali citizen to non-resident Nepalis including voting franchise. Speaking at the concluding session of the event, NRNA president Shesh Ghale urged the government to formulate a national investment policy considering the enthusiasm of NRNs to invest in the country.

## Tourism Evening at Nepal Embassy in London

A tourism promotion event was organised at the Nepali embassy in London, UK recently to promote Nepal as a tourist destination for all seasons.

Addressing the programme, Charge d' affaires at the Nepali embassy in London, Tej Bahadur Chhetri, said Nepal is a unique tourist destination from religious, cultural and adventure point of view. He said new investments are being made in developing tourism infrastructure in the country. Saying that Nepalis welcome tourists from the bottom of their hearts, he urged British tour operators and Non-Resident Nepalis (NRNs) abroad to promote the message "Nepal: Once is not Enough."

Co-organiser of the event, Mr Rajaram Giri, of Himalayas Nepal—an international travel magazine—made a PowerPoint presentation about tourism attractions of Nepal and how the magazine ([www.himalayasnepal.com](http://www.himalayasnepal.com)) was covering Nepal, Bhutan, Tibet and other regions. Saying that the UK is an important source of tourists, hikers and mountaineers for Nepal, he also called upon British tour operators and travel writers to give priority to the Himalayan region.



Three Nepali cyclists, who have arrived UK on a world tour, were also felicitated in the programme. Biresh Dahal, who leads the team, cycles backwards while his friends Bijendra Mahara and Barun Adhikari cycle normally. They have already travelled 57 countries of the world with a view to promote world peace and introduce Nepal internationally. They said they wanted to set a world record in the Guinness Book of World Records by travelling to over 150 countries of the world over the next five years. British tour operators, travel writers, journalists and friends of Nepal attended the event. A Nepali dinner was served at the end of the programme.

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# Calling out from a Hungry Tiffin

Aaradhana Makhijani  
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September always brings with it mixed-feelings for me.... Hmm.... a couple of positives and one BIG negative.... Let's talk about the negative first and get it out of the way.

Hay-fever..... Need I say more??? Most of the readers, I assume here, will have migrated to this Land of Oz at some stage and apparently a few years down the line, all hell must have broken loose during spring time. I am not really a flower-person; don't really appreciate getting flowers either, but certainly do appreciate them looking all vibrant and growing pretty during spring-time all around Melbourne. I still appreciate all the flowers and the green grass of Nature, but only from far now. Even wandering out for long walks or a run comes with a lot of dread and many unfortunate consequences after. I can probably whinge for pages on end, on how Spring makes me miserable, but what I really want to get to now, is what comes after?

## The Festive Season, of course..!!!

Navratri starts today (as I write this Article) and for me it means that the "Festive Season has officially begun". Before getting married, my family back-ground didn't warrant me fasting during Navratri. However, growing up in the Community as I did and with the circle of friends I had, I took to fasting twice a year, during both Navratri, about 12 years ago. Moving to Australia was obviously not a big-enough reason for me to give up the practice. I must add here that I was super-excited to find all the food requirements for this fast in our neighbourhood Indian Store, making it all the more easier for me to continue on. Was like winning the Lottery...!! Even preparing for Navratri is very special. Allows us to get in touch with our roots again and re-live all the memories from back-home. I feel the

same excitement every year, as there is a mad-dash to spring-clean and spruce-up the Temple in the house for the coming days. I am an early-riser even on a regular day, but waking up early during Navratri for early morning prayers, kicks start my day on a very serene note. Getting to work early and a jump on my pending tasks is an added bonus, of course.

There is just one thing I miss about not experiencing Navratri as it is celebrated in India. I miss the 'Navratri-special Aloo-Tikki Chaat' the most. Apparently, the Chaat-wallahs in Delhi found another mean to bump up their business even during this time - The only difference between a regular Aloo-Tikki Chaat and Navratri-special Chaat are that the latter only lacks a few ingredients.... Haaa..haaa... but still manages to sell more than regular Chaat on any day.

Now this is just the 1<sup>st</sup> thing that I enjoy about Spring time. There are a few more that I would love to ramble on about, but I will save that for the next coming months. Having mentioned 'Navratri Aloo-Tikki Chaat' above, it would have been more appropriate to share that recipe here to maintain the theme, but what I really would like to share with everyone today is the "Mango Kalakand Recipe".

I made this few days ago and the moment I tasted it, the first thought in my mind was to make it again for my Prayers on the 8<sup>th</sup> day of Navratri, when I shall break my Navratri fast.

I am even planning to make it yet again for Diwali, to share with family and friends. I am sure that eating home-made sweets would bring fond memories of home and festivals for my mates as well.

# MANGO KALAKAND

## Ingredients:

- » Home-made fresh Paneer: 500 gms
- » 3 Ltr full fat milk
- » 4-5 Tbsp White Vinegar/ Lemon
- » Sweetened Condensed Milk - 1 can (it is approx. 350 - 400 gms)
- » Milk Powder - 2 Tbsp
- » Mango Pulp - 8 - 10 Tbsp.
- » Cardamoms - 4-5 ; or Cardamom powder - 3/4th Tsp
- » Pistachios - As per requirement
- » Saffron - As per requirement

## Recipe:

### For the home-made Paneer:

- » If you choose to make home-made fresh Paneer, heat the milk till it just comes to a boil and add white vinegar/lemon to it.
- » Remove from heat and let it rest for about 5 minutes. During this time, the Paneer and Whey will separate.
- » Now, drain the Paneer through a muslin cloth and run it gently under cold water to remove the tangy flavor from vinegar/lemon.
- » Twist the cloth around to remove as much water as possible and then hang the Paneer for about 30- 40 minutes. Just ensure that the Paneer does not get too dry. Check Quick Tip\*.

### For the Kalakand:

- » Take the deep pan in which you plan to cook the dish and mash the Paneer in it. Once done, mix it with the Milk powder. Add and mix the Condensed Milk after.
- » Now heat this mixture, ensuring that the flame is set to medium high.
- » Add the Cardamoms/ Cardamom Powder and the Mango Pulp.
- » Keep stirring this mixture continuously so that it doesn't stick or burn from the bottom.
- » After about 10- 12 mins of stirring, the mixture should thicken. It may even thicken sooner.
- » When you are happy with the thick consistency, pour the mixture into a greased tray. I just poured it onto a baking sheet in a tray.
- » Sprinkle chopped pistachios and saffron on top and put it into the fridge to cool. I left it overnight for best results. It should be ready to cut and serve after.

\* **Quick Tip:** In case, you don't want to make fresh Paneer at home, you can even buy a store-bought one.





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# UFC celebrates club's success and camaraderie in annual night

**M**elbourne based Nepali football club, United Football Club celebrated its annual night on 21st of September amidst an extravagant gusto. An UFC Annual Night was held at Happy Reception, Ascot vale, where club members and their families cherished UFC's seven year long journey as a community sports club.

On the occasion, The club felicitated players that had delivered remarkable performance last year. UFC Golie Manij Hada, who was also hosting the program was selected Player of The Year as recognition for his goal saving skill. Similarly, Manish Rai was awarded Rising Star of the year. UFC also acknowledged individuals that had been a support system for the club on and off the field. Sujan Tamrakar, Mahesh Shrestha, Rajesh Ranjitkar, Prem Tamang and Arun Rai were felicitated for their valuable contribution to the club along the journey. Founding members of the club Alok Rana, Kishor Rai, Sunil Lama, Samel Rai, Narendra Rana and Ganu Tamang were also amongst the ones to be honoured.

In his welcome note, Club Manager Kishor Rai thanked all players, their family members, sponsors and the broader Nepalese community for their support towards the club. Referring to the club's participation in Vic Premier League, he said, "it started with our love for football, but we have come a long way as a club. Our participation in the highest level of amateur football is the result of our dedication and hard work."

At the event, UFC also made an announcement on its tie up with Australian Education and Career Consultant, AECC Global, for next three years.



According to an agreement, the club will wear AECC Global's jersey for all its matches.

A traditional Kumari dance and musical performances were other attractions at the event.



## Nepali teenager Bimal Magar capturing spotlight in European football

**W**hile the majority of participants entered the recent 2014 AFC U-16 Championship seeking to make a name for themselves, Bimal Magar was heralded as an established star prior to the competition.

The talented Nepal forward, who is plying his trade with the U-19 side of Anderlecht in Belgium, had already tasted significant international experience before the Asian campaign. Despite being just 16, he has already represented his country at nearly every age level. He began his international career with the U-14 national team, before graduating

into the U-17 and U-23 sides.

It was all the more notable that he made it into the national senior side competing in last September's 2013 SAFF (South Asian Football Federation) Championship. He had a dream debut in the second match against Pakistan, scoring the equaliser with a stoppage-time strike in a 1-1 stalemate which helped Nepal progress to the last four as section winners.

"I thought it was like a dream when I scored my first international goal (against Pakistan)," Magar told FIFA.com. "I was repeatedly asking myself:

have I really scored? I was awkward when I entered the field. But I wanted to score in my debut. When the keeper parried the ball, I unleashed a shot and saw the ball fly into the back of the net. It was a historic moment."

It was, indeed, a history-making goal. At the age of 15 years, eight months and eight days, Magar became the youngest player in Nepalese history to score an international goal. A year on, the youngster still couldn't hide his excitement as he recalled the occasion.

Bimal is emerging as the biggest footballer Nepal has ever produced.





# Melbourne based Nepali cricketer Sunam Gautam takes a giant stride in Victorian domestic cricket



Nepali national team's former player Sunam Gautam has taken a massive stride ahead in his cricketing career in Australia by signing a two-year contract with Victorian Premier League outfit Greenvale Kangaroos Cricket Club of Melbourne.

The contract will see Gautam play for the Kangaroos for three seasons in dif-

ferent formats of the game. He will get Rs 1.5 million per season. Gautam is among the three new recruits of Kangaroos who recently signed English County cricketers Ben Cox and Jack Shantry from Worcestershire.

The 25-year old former Nepali U-19 international is currently in Australia studying Bachelor in Sports Management and got the opportunity to play with Footscray-Edgewater Cricket Club. Gautam's arrival proved lucky for Footscray who won the Victorian Premier League title for the first time in 35 years. Gautam had chipped in 41 runs in the final which was enough to earn the Nepali cricketer a widespread praise.

Gautam believes his recruitment in Kangaroos came courtesy his impressive display. "I played with passion and performed with hard work. Now they all know how good Nepali players can be. Since I performed with both bat and ball while playing for Footscray, I came to notice of other clubs and Kangaroos were first to offer me the contract," added Gautam.



Gautam was just a new kid in town when he left from Nepal for academic purpose. But having won several national titles with Nepal APF Club and Kathmandu regional team, he couldn't detach himself from the game. But the road was never easy for him.

"The clubs here have four categories where everyone targets the First-XI. Rest of the three are for junior cricketers. I knew that I was not going to be picked up

straight away in the First-XI. So I played the first two matches with the Second-XI. After performing in the first two matches, I got selected for first string team," Gautam said who dreams of playing for the Nepali national team.

"I want to do something for the country. The experience gained here will be very useful to perform for the national team," said Gautam.

News Source: Ekantipur

## Nepalese Cricketers Invited to take part in Thunder Nation Cup

Fans and players from the Nepalese community are invited to create a team and represent Nepal in the second edition of the MoneyGram Thunder Nation Cup; an initiative launched by KFC Big Bash team Sydney Thunder.

Started by KFC Big Bash team Sydney Thunder in 2013, the competition aims to give cricket lovers from all cultural backgrounds the chance to experience the fun and excitement of Twenty20 cricket, whilst representing their local community.

This season, Sydney Thunder representatives will be present at each community round, with the standout player from the day invited to participate in the Sydney Thunder Community Rookie trials on November 24 at ANZ Stadium. From the trials, one Sydney Thunder rookie contract will be awarded to an individual that will become the Sydney Thunder Community Rookie for KFC BBL04.

The competition will culminate with

the two finalists taking to the turf of Spotless Stadium to play in the official curtain raiser for the Sydney Thunder v Melbourne Stars match on Saturday 17 January. The winning team will see their country's name etched alongside 2013/2014 winners South Africa on the MoneyGram Thunder Nation Cup.

**Who:** Members of the Nepalese Community  
**Date:** 12th October, 2014  
**Location:** Webbs Avenue Playing Fields, Auburn

To enter a team of eight players or to find out more information head to [www.sydneythunder.com.au/thundernation-cup](http://www.sydneythunder.com.au/thundernation-cup)

For more information contact:  
Alex Fraser, Elite Sports Properties, on behalf of Sydney Thunder, 02 9356 3099

Email: [afraser@elitesports.com.au](mailto:afraser@elitesports.com.au)





# Nepali men in Australia don't mind cooking

**N**epal has a patriarchal society. In Nepal, the general conception is for women to do the household work. Specially cooking is just not considered men's territory. But when the same men come to Australia, the mind set changes. I have seen thousand of Nepalese cool dudes getting their cooking skills polished. They suddenly seem to have gotten very comfortable in the kitchen.

From impressing women with their culinary delights to pure indulgence in a variety of food, their reasons are as varied as a menu in a multi-cuisine restaurant.

**My little research on why the trend is changing.**

## A bare necessity

At a time when both guys and girls live away from their families for education or work, knowledge to cook well becomes a bare necessity. Also, you can't expect to have a wife who earns as much at the same time cook yummy food regularly. Even though you can manage with toast or Maccas for a while, gradually you will get bored. This is why at some point

**From impressing women with their culinary delights to pure indulgence in a variety of food, their reasons are as varied as a menu in a multi-cuisine restaurant.**



you have to start cooking.

## Cooking to impress

One of the reasons many venture into cooking is to impress. They can impress their mates and partners. While it is a passion for some, there are men who cook to impress. Just as for guys, apparently the way to a woman's heart can also be through stomach..

## Being adventurous with food

Necessity beckons men a lot to the kitchen. But, do they really enjoy it there? Yes. For instance, my fascination for cooking stemmed from helping my mom in the

kitchen. Since I stay with my colleagues, I cook at least one meal every day and really love it. I try to incorporate variety often, watch cookery shows and read recipe books, but I'm driven mostly by my instincts when in the kitchen. I love experimenting with different ingredients.

## Women love it!

Women do love guys who can cook well! I was quite impressed to learn that girls love a man that can cook. Spending time together in the kitchen really helps a couple bond.

**Home-meal parties are the norm**  
The 'gastrosexuals' are cooking up a storm by gradually gaining an upper hand in throwing home-meal parties to o. Some of my mates can even cook complicated continental dishes to perfection for parties. When there are women in the guest list, they would leave only after taking the recipe and discussing the elaborate process. Not bad is it?

**Be it out of necessity, love for food or the craft; or an attempt to impress, these men want to co-rule the culinary world for sure.**

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Contact: [nepalesehimalaya@yahoo.com.au](mailto:nepalesehimalaya@yahoo.com.au)

- A 31 years old Nepali boy based in Kathmandu looking for a girl settled in Australia.  
Email: [mahendra\\_21@gmail.com](mailto:mahendra_21@gmail.com) or call Nepalese Voice
- A 25 years old Nepali boy from Melbourne is looking for a Nepali girl in her early 20s for a serious relationship. Call/Text: 0423737238
- We are looking for a Hindu, Australian PR or citizen bridegroom in Melbourne for our 25 yrs old Hindu daughter, 5ft 4in tall a professional in medical field and a citizen of Australia. We live in Melbourne for the last 12 years. If you are interested please contact me on: [ramendkumar@hotmail.com](mailto:ramendkumar@hotmail.com)





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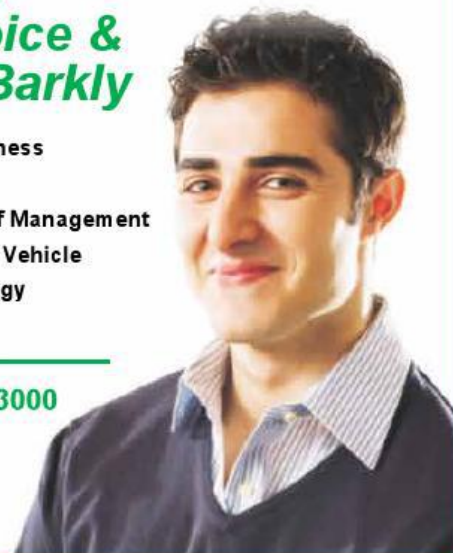
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